



Cumbria Rugby Union Newsletter

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Kendal RUFC once again become the highest ranked club in Cumbria achieving promotion from N1 West to the National 3 North in 2015/16



Touch rugby is increasing in popularity again.

Summer Touch Rugby Opportunities Available Across Cumbria

Touch rugby season is sweeping the County this summer as more clubs than ever participate in this version of the game. It is a fantastic fitness opportunity and due to the non-contact nature it allows mixed gender and age participation which offers the whole family a 'fitness through rugby' option.

This season the clubs across Cumbria are offering regular pitch up and play sessions at; Egremont, Creighton, Carlisle, Kendal, Keswick, Penrith, Wigton & Whitehaven as well as other clubs offering this opportunity. Get in touch if you would like to find your closest local opportunity.

CRU Increase Visibility on Social Media

The Cumbria Development Team are working hard to increase their visibility on social media by regularly updating information on their Facebook and Twitter accounts. To access local or County information on the go, please follow or join;

County

- Facebook – Cumbria Rugby Union Group
- Twitter - @CumbriaRDO

East Cumbria:

- Facebook – eastcumbriaru
- Twitter – @East_Cumbria_RU

South Cumbria

- Facebook – rugbyunioninsouthcumbria
- Twitter - @RUSouthCumbria

West Cumbria

- Twitter - @Copeland_RU

Don't Forget to use!

#CumbriaRugby



St Benedicts 2nd XV completing an outstanding season for the club

Copeland Clubs Make CRU Comps Clean Sweep

Copeland clubs made a clean sweep of the 3 senior county cup competitions in 2016/17.

- Cumbria Cup - St Benedict's 64 v 29 Whitehaven @ Egremont
- Cumbria League Cup – Egremont 25 v 17 Furness @ Millom
- Cumbria Vase – St Benedict's 14 v 11 Cockermouth @ St Benedict's (After extra time)
- Cumbria Shield – won by St Benedict's 2 by being top of the Raging Bull Cumbria 2 League

UCUM Rugby Recognised at Awards Evening

The University of Cumbria Men's Rugby Team were recognised for their outstanding efforts this season at their awards evening. The team received the following awards; University Team of the year, Athlete of the year - Conor Dorrington, Bucs 6A League-Champions & Northern Conference Cup Finalists. Congratulations to all involved and hopefully the team will continue to flourish under the guidance of Ali Randall and his team. Next season will provide more challenges and we wish the lads all the best.



UCUM Carlisle Men's Rugby



Creighton RUFC host Workplace Challenge – Mixed Touch Event

Creighton RUFC are currently diversifying their provision of Rugby Union with the hope of recruiting more members and players into the club environment. The touch is attracting participation from workplaces and clubs in the area and is aimed at male and female participants across Cumbria. Creighton are potentially looking to open an O2 Touch Centre at the Sycamore Lane Facility. This is a great step for the club and will develop their participation numbers across the board also supporting the new Female section that is being developed. The touch is running weekly at the club but if you want to enter the Workplace Touch please contact – Paul Carrigan – Paul.carrigan@cumbria.gov.uk or 0774565662

London 2 Paris & London Triathlon - Charity Challenges

Liam Nicholls RDO and a few friends will be taking on a couple of challenges over the summer to raise money for the Sick Children's Trust a charity who supported Liam and family as well as many other families across Cumbria. The London 2 Paris Ride takes in 300 miles over 4 days and the Triathlon is 750m Swim, 20km Bike & 5k Run. Thanks to all our kind local sponsors for supporting the events. If anyone would like to sponsor the team participating please visit the Just Giving Page - <https://www.justgiving.com/ERUCC>



4 of the ERUCC Team Members in their Kit.

News

- Summer Touch Opportunities
- CRU Increase Social Media Visibility
- Copeland Clubs Comps Sweep
- UCUM Receive More Awards
- Creighton Touch Rugby Progress
- Charity Challenges

For more events, news & Info – www.cumbriarugby.co.uk

Interested in running a course at your club???

If you are interested in running a course at your own club we now have a certain amount of flexibility through our club centric approach. If we have a critical mass of numbers we can support this and open up to other local clubs to deliver to your needs.

Do you have some news? Don't forget to let us know and we will feature you in the Newsletter!

Upcoming Events in Cumbria

- 7th-25th June – U20 World Championships @ Manchester
- 13th June – CRU Teacher/Coach Development Day @ Penrith 12-5:30
- 17th-19th June – CRU Social 7's @ Millom RU.
- 27th June – CRU Team Meeting @ Lakes College – 10am-1pm
- 10/17 July & 14th Aug – L1 Course @ KLRUFC – 9:30-5pm all days
- 18th July – CRU Team Meeting @ Lakes College – 10am-1pm
- 15/16th Aug – Falcons Camp @ KLRUFC – 10-3pm both days
- 25/26th Aug - Falcons Camp @ KLRUFC – 10-3pm both days

See pictures of RU Activity in Cumbria on our Facebook Group 'Cumbria Rugby Union Pictures'

Are you following on Twitter?



@CumbriaRDO